# Main Script

Good evening everyone, welcome to the Sevenoaks Tuesday open SAA meeting. My name is [firstname] and I'm a s\*\* addict.

This is a meeting where we gather hope and strength, by listening to the experiences of people getting recovery from their addictions, by working the 12-step programme based on Alcoholics Anonymous.

SAA is a fellowship of men and women who share our experience strength and hope with each other so that we may stop our addictive sexual behaviour and help others to recover from sexual addiction. The only requirement for membership is a desire to stop addictive sexual behaviour. SAA is self-supporting; is not allied to any sect, denomination, politics, organisation or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sexually sober and help other sex addicts to achieve sexual sobriety. Our only connection with this location is as a renter of meeting space. Our programme is derived from the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. Although we are not affiliated with AA, we are grateful to AA for this gift. Anonymity is a core tradition on which the programme depends. Let us make this a safe meeting to bring the message of strength, hope and recovery, focussed on the 12 steps and 12 traditions. We now open the meeting with the serenity prayer using the word God as you understand it;

“God, grant me the Serenity
To accept the things I cannot change,
Courage to change the things I can
And Wisdom to know the difference.”

We now have one minute of silence to remember the addicts who still suffer inside and outside these rooms, and to reflect on why we are here.
Thank you.

Please could someone read “Our Addiction”?

Please could someone read “Our Program”?

Please could someone read “The Twelve Steps”?

Please could someone read “How We Live”?

Is there anyone here this evening for their first six meetings of SAA? (If so, ask: Please can someone read the “Newcomers’ Introduction”?)

We now go through “Group Introductions” by saying our first name and what we are feeling today. You may also add what you have been particularly powerless over in the last week. There will be time for general sharing later in the meeting so please keep this as brief as you can.

## The Meeting Focus

Each week we have a meeting focus, these are:

|  |  |
| --- | --- |
| Week 1 | Either General share or a “chair” meeting. |
| Week 2 | Reading a text from the Green Book. |
| Week 3 | Reading the text of the Step of the month (6 months ahead/behind) from the Green Book and the Tradition of the month [Note to secretary: not the main text]. |
| Week 4 | Tools of Recovery. |
| Week 5 | Reading a text from the “AA Big Book”. |

This is week ... therefore we will now ...
Thank you.

## General Sharing

We now come to general sharing.

We encourage you to bring into the light of the meeting those behaviours and experiences which cause you shame; to deprive them of their power which is in their secrecy. Please however, in your use of language, be sensitive to the safety of others.

At this meeting, we have sharing guidelines to help ensure people feel safe and keep their shares focused on the Programme.

So, could you please refrain from:

1. Directly commenting on or referring to other peoples' share.
2. Please do not interrupt or give advice.
3. Please do not name places, people or explicit details relating to your sexual acting out behaviours.
4. ln this meeting we use the word “l” or “we” instead of “you” when we are sharing about our recovery.
5. Our focus remains on the solution, rather than the problem.

There are X of us tonight, so I suggest we limit each share to X minutes. Could someone please volunteer to be a timekeeper?

The meeting is now open for general sharing; please share when you're ready.
Thank you.

We now come to the end of General Sharing

Would all those who are willing to be a sponsor, permanent or temporary, please raise their hands.
Thank you.

## Medallions & Anniversaries

This group awards medallions and chips to share the positivity of recovery for lengths of sobriety. Currently we do not have any metal medallions for 12 months or longer years sobriety; but if anyone is celebrating a significant milestone or anniversary of 12 months or more, please feel free to share it with the group so that we may clap and congratulate you.

Leave a pause for anyone to make themselves known - usually 4-5 seconds.

We do have sobriety chips for up to and including 9 months. Is there anyone who has passed in the last week:

● 9 months?

● 6 months?

● 3 months?

● 2 months?

● 1 month?

Leave a pause after stating each time period for anyone to make themselves known - usually about 1-2 seconds. Give the fellow a chip, shake their hand (or elbow/fist bump) and everyone claps. Lastly, is anyone returning from a slip or relapse, or for the first time is wishing to commit to recovery through the awarding of a 1-day chip?

## Tradition Seven

In-line with tradition 7 we are fully self-supporting. Please can we pass the stripy bag? You are free to contribute to our work as you see fit and this goes towards the running of this meeting. The only relationship we have with the people here is as a renter of meeting space. The rent for this room is approximately £15 per week. Any monies left over will be donated to lntergroup.

## Group Business

Is there any group business which we need to discuss now?
Thank you.

## The Promises

Please could someone read ‘The Promises’

## The Closing

The opinions expressed here this evening are strictly those of the person who gave them. Take what you like and leave the rest.

The things you heard were spoken in confidence and should be treated as confidential. Keep them within the walls of this room and the confines of your mind. Remember that anonymity is a core tradition on which our programme depends.

Whoever you see here,
Whatever you hear here,
Let it stay here
When you leave here.

Whatever problems you have, there are those among us who have had them too. If you keep an open mind, you will find help. Let us talk to one another and reason things out, but let us not gossip or criticise each other. Instead, let the understanding, love and peace of the programme grow in each of us one day at a time.

Will you stand and join me in the closing Serenity Prayer?

“God, grant me the Serenity
To accept the things I cannot change,
Courage to change the things I can
And Wisdom to know the difference.”

Keep coming back.
It works if you work it.
So, work it, you're worth it!

## Group Conscience

Our common welfare should come first. Personal recovery depends on SAA unity.

This is a group conscience where the group looks at how it is helping spread the word, so the group is asking itself the question: “Are we doing enough to help the newcomer and the still suffering addict?” and ….

The whole is more than the sum of the parts. We each try to bring our Higher Power, as we understand our Higher Power, to the table to work on these important issues. Our Higher Powers together are our group's conscience.

You are welcome to attend and vote if you feel part of the group.

# Our Addiction

[From The SAA Green Book, page 3, paragraphs 1-2]

Before coming to Sex Addicts Anonymous, many of us never knew that our problem had a name. All we knew was that we couldn’t control our sexual behaviour. For us, sex was a consuming way of life. Although the details of our stories were different, our problem was the same. We were addicted to sexual behaviours that we returned to over and over, despite the consequences.

Sex addiction is a disease affecting the mind, body, and spirit. It is progressive, with the behaviour and its consequences usually becoming more severe over time. We experience it as compulsion, which is an urge that is stronger than our will to resist, and as obsession, which is a mental preoccupation with sexual behaviour and fantasies. In SAA, we have come to call our addictive sexual behaviour acting out.

# Our Program

[From SAA Green Book, page 20]

Attending SAA meetings starts us on a new way of life. But while the SAA fellowship supports our recovery, the actual work of recovery is described in the Twelve Steps. Meetings are forums for learning how to integrate the steps into our lives. Working the Twelve Steps leads to a spiritual transformation, that results in sustainable relief from our addiction.

When we start attending meetings of Sex Addicts Anonymous, many of us are surprised to meet people who are enjoying life, experiencing freedom from the painful, compulsive behaviours that had brought them to SAA. Listening to other members share about their recovery, we gradually realise that in order to make the same kind of progress, we need to be willing to do whatever it takes to get sexually sober, and to stay sober. We have learned from hard experience that we cannot achieve and maintain abstinence if we aren’t willing to change our way of life. But if we can honestly face our problems, and are willing to change, the Twelve Steps of SAA will lead to an awakening that allows us to live a new way of life according to spiritual principles. Taking these steps allows fundamental change to occur in our lives. They are the foundation of our recovery.

# The Twelve Steps

[From SAA Green Book, pages 20-21]

1. We admitted we were powerless over addictive sexual behaviour - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, as we understood God, praying only for knowledge of God’s will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other sex addicts and to practice these principles in our lives.

# How We Live

[From The SAA Green Book, page 61]

Practicing these principles in our lives means applying program principles at home, at work, and in all areas of our lives. As we grow spiritually, we find opportunities for service in virtually any situation. Our closest relationships may offer the most challenges to our honesty, compassion, and integrity, but we are often rewarded beyond our expectations. We find that spiritual principles can guide us in the everyday challenges of life, and they can help us face even loss, grief, and death with fortitude and grace. What we gain in this program is a blueprint for full and successful living, whatever may come.

We maintain our recovery by working a daily program, in the knowledge that although we can never be perfect, we can be happy today. We can live life on life’s terms, without having to change or suppress our feelings. Our serenity and sobriety grow as we continue to live according to spiritual principles. We enjoy the gifts that come from being honest and living a life of integrity. We ask for help when we need it, and we express our love and gratitude every day. We realise that everything we have been through helps us to be of service to others. We learn that the world is a much safer place than we had ever known before, because we are always in the care of a loving God.

# Newcomers’ Introduction

We would like to welcome you to our meeting. We know the courage it takes walking into these rooms for the first time. All of us in this room were in your shoes at one time.

After we have finished our opening and beginning readings, we will open up the meeting for sharing. This is a time when you may share your thoughts or feelings on the topic, the reading, or whatever else is on your mind. Stick around and talk to one of us after the meeting if you have any questions.

We recommend that you come to at least six meetings before you decide whether SAA has anything to offer you. You will find that each meeting is a little bit different. It is our sincerest hope that you find what you are looking for.

# The Promises

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace.

No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away.

Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realise that God is doing for us what we could not do for ourselves.

Are these extravagant promises?
[The group replies] We think not.

They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialise if we work for them.